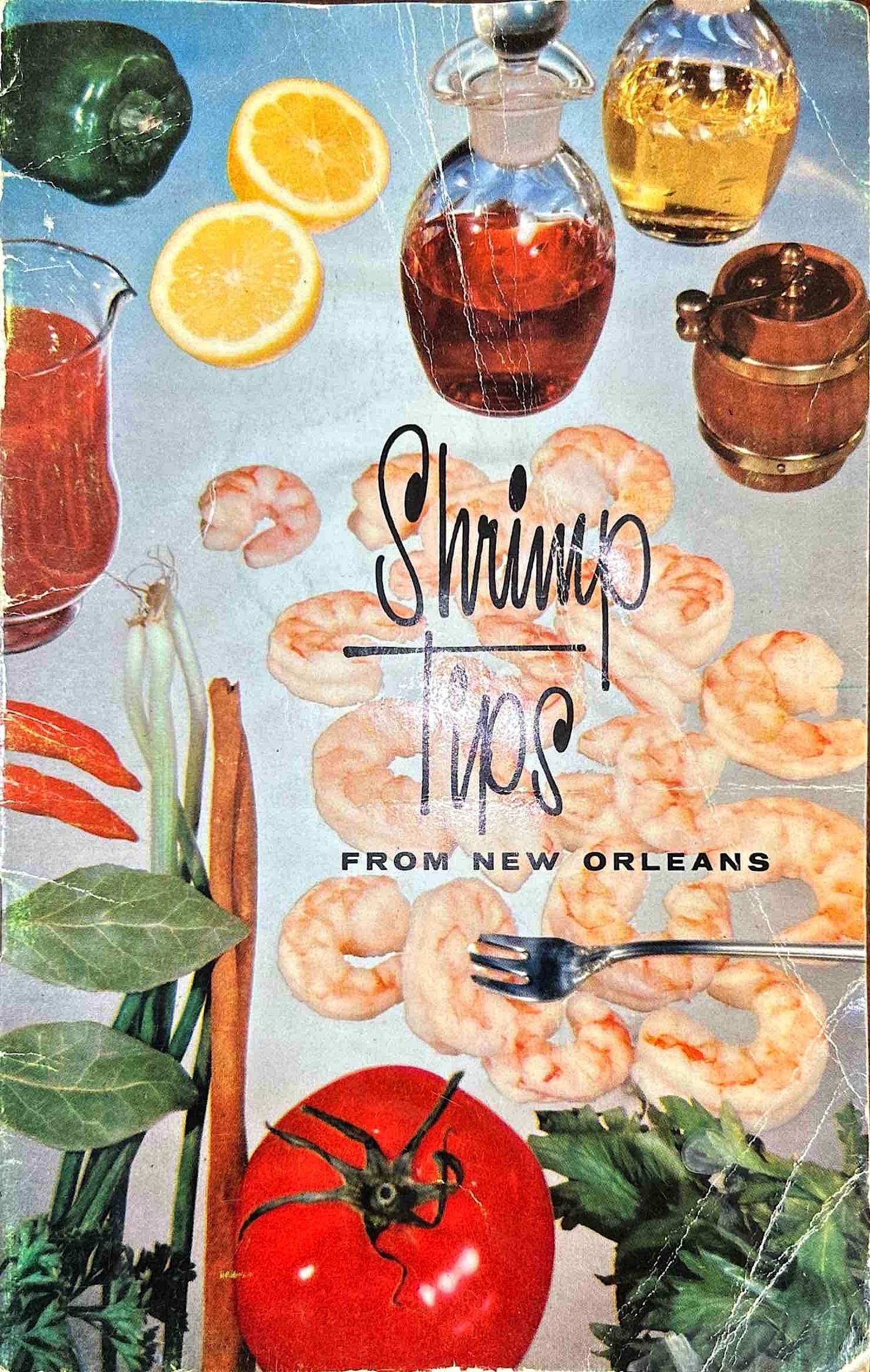

Shrimp
Tips
FROM NEW ORLEANS

COOKING TIPS from modern New Orleans are a natural blend of the old and new, like the city itself.

There are skyscrapers in New Orleans and modern restaurants; then, there are the shuttered, pastel facades and secluded patios of the Vieux Carre where people dine in an atmosphere of yesterday.

So SHRIMP TIPS contains recipes that are both old and new, well-loved and time-tested ways of preparing shrimp that are rooted in the methods of cuisine artists of another era, and new ideas that stand up well against the rigid rules of what's good—a la Creole—today.

Shrimp as a main dish will be an important tip for many cooks. In New Orleans and South Louisiana generally shrimp are served from breakfast through dinner importantly. They are a mainstay food in all homes—mansion and cabin, plantation house and trapper's shack, city apartment and fisherman's houseboat. They are served economically and simply as in stew, gumbo, or jambalaya, or elegantly as in the meuniere and amandine of old French restaurants—but served often. Now new methods of processing and transport make them as readily available everywhere as they are to Louisianians.

Shrimp. have not always been as available to the nation's shoppers as they are today. The armored, heavy-headed little fellow has posed problems of supply and distribution as thorny as himself. In this vital area of supply, modern New Orleanians, like the old Creole masters of cuisine, have been creative and very busy. Their aim has been to spread the shrimp supply to inland markets so that women everywhere could buy them easily. They have found mechanical means of dealing with a major obstacle — the old tedious chore of peeling and de-veining — and these are presently making possible new, handier consumer-size shrimp packages: frozen fresh shrimp, clean and ready to cook; canned shrimp, with a superior flavor; precooked frozen shrimp, fresh-tasting and ready for cocktails.

So it is that a most important tip is the steady progress of industry and government working together to make shrimp easy to buy everywhere at prices all can afford.

SHRIMP JAMBALAYA *(Recipe on page 16)*

Shrimp Amandine

1 pound packaged (pre-cooked, frozen) fully peeled, de-veined shrimp
1 cup blanched, slivered almonds
½ cup butter or margarine, melted
½ teaspoon salt
Dash pepper
2 tablespoons chopped parsley
Toast points

Thaw shrimp. Sauté almonds in butter until lightly brown. Remove almonds. Add shrimp and sauté until lightly brown. Add seasonings, parsley, and almonds. Serve on toast points. Serves 6.

Shrimp Remoulade

1 pound packaged (pre-cooked, frozen) fully peeled, de-veined shrimp
2 cloves garlic, finely chopped
⅓ cup horseradish mustard
2 tablespoons catsup
2½ tablespoons paprika
¾ teaspoon cayenne pepper
1 teaspoon salt
⅓ cup tarragon vinegar
½ cup olive or salad oil
½ cup chopped green onions and tops
Lettuce

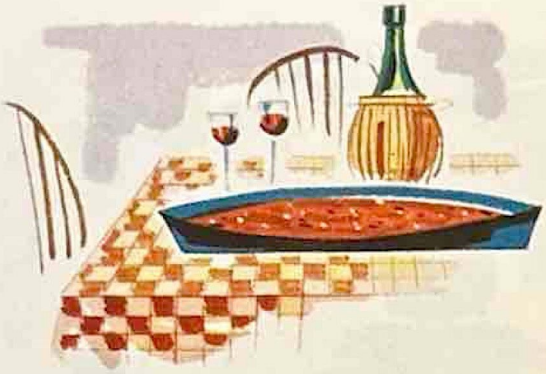
Thaw shrimp. Combine all ingredients except shrimp and lettuce; shake well. Marinate shrimp in sauce for several hours in refrigerator. Serve on lettuce. Serves 6.

Shrimp Oriental

1 pound packaged (raw, frozen) fully peeled, de-veined shrimp
¼ cup lemon juice
1 cup flour
3 eggs, beaten
1½ teaspoons salt

Thaw shrimp. Pour lemon juice over shrimp and let stand 10 minutes. Cut shrimp almost through lengthwise and spread open. Place flour in paper bag. Add shrimp and shake well. Combine egg and salt. Dip each shrimp in egg. Place shrimp in a heavy frying pan which contains about one-eighth inch fat, hot but not smoking. Fry at moderate heat. When shrimp are brown on one side, turn carefully and brown the other side. Cooking time approximately 4 minutes. Drain on absorbent paper. Serves 6.

Shrimp Pizza



3 cans (4½ ounces each) de-veined, small shrimp
⅓ cup chopped onion
9 cloves garlic, finely chopped
½ cup olive or salad oil
3 cans (6 ounces each) Italian-style tomato paste
1½ teaspoons oregano
⅓ cup chopped parsley
3 unbaked pizza crusts (9 inches each)
¾ pound Mozzarella cheese, sliced thin

Drain shrimp. Cook onion and garlic in olive oil until tender. Add tomato paste and simmer for 5 minutes. Remove from heat; add oregano and parsley. Place pizza crusts on greased baking sheets. Cover each crust with ⅓ of the sauce, arrange ⅓ of the shrimp over the sauce, and cover with ⅓ of the cheese. Bake in a hot oven, 425° F., for 20 minutes or until crust is brown and cheese melts. Makes 3 pies. Serves 6.

Shrimp Gumbo

1 pound packaged (raw, frozen) fully peeled, de-veined shrimp
2 cups sliced fresh okra or 1 package (10 ounces) frozen okra, sliced
⅓ cup shortening, melted
⅔ cup chopped green onions and tops
3 cloves garlic, finely chopped
1½ teaspoons salt
½ teaspoon pepper
2 cups hot water
1 cup canned tomatoes
2 whole bay leaves
6 drops tabasco
1½ cups cooked rice

Sauté okra in shortening about 10 minutes or until okra appears dry, stirring constantly. Add onion, garlic, salt, pepper, and shrimp. Cook about 5 minutes. Add water, tomatoes, and bay leaves. Cover and simmer 20 minutes. Remove bay leaves. Add tabasco. Place ¼ cup rice in the bottom of 6 soup bowls; fill with gumbo. Serves 6.

Peppered Shrimp and Eggs

½ pound packaged (pre-cooked, frozen) fully peeled, de-veined shrimp
3 slices bacon
½ cup chopped onion
¾ cup chopped green pepper
½ teaspoon salt
¼ teaspoon cayenne pepper
6 eggs, beaten
¼ cup coffee cream
½ teaspoon Worcestershire sauce

Thaw shrimp. Fry bacon until crisp; drain on absorbent paper. Crumble bacon. Cook onion and green pepper in bacon fat until tender. Add seasonings and shrimp; heat. Combine eggs, cream, Worcestershire sauce, and bacon. Add to shrimp mixture and cook until eggs are firm, stirring occasionally. Serves 6.

SOME like them hot, as do Louisianians in their own spicy shrimp "boil" . . . EVERYONE likes them cold, as in salad and the national favorite . . . shrimp cocktail.

Recipes on page 16.

GULF COAST SHRI

SHRIMP PARADISE

PATIO SHRIMP PLATE

BOIL

FAMILY AFFAIR SHRIMP COCKTAIL

Shrimp Newburg

1 pound packaged (pre-cooked, frozen) fully peeled, de-veined shrimp
¼ cup butter or margarine
2½ tablespoons flour
¾ teaspoon salt
Dash cayenne pepper
Dash nutmeg
1 pint coffee cream
2 egg yolks, beaten
2 tablespoons sherry
Toast points

Thaw shrimp. Cut large shrimp in half. Melt butter; blend in flour and seasonings. Add cream gradually and cook until thick and smooth, stirring constantly. Stir a little of the hot sauce into egg yolks; add to remaining sauce, stirring constantly. Add shrimp; heat. Remove from heat and slowly stir in sherry. Serve immediately on toast points. Serves 6.

Shrimp De Jonghe

- 3 cans (4½ ounces each) de-veined, large shrimp
- 1 cup dry bread crumbs
- ½ cup butter or margarine, melted
- ¼ cup chopped green onions and tops
- 2 cloves garlic, finely chopped
- 2 teaspoons chopped parsley
- 1 teaspoon chervil
- 1 teaspoon tarragon vinegar
- 1 teaspoon crushed whole thyme
- ¼ teaspoon nutmeg
- Dash mace
- ½ cup sherry
- 2 tablespoons butter or margarine, melted
- ½ cup dry bread crumbs

Drain shrimp. Cover with ice water; let stand for 5 minutes. Drain. Combine crumbs, butter, onion, garlic, parsley, chervil, vinegar, thyme, nutmeg, mace, and sherry. Place alternate layers of shrimp and crumb mixture in a well-greased 1-quart casserole. Combine butter and crumbs; sprinkle over top of casserole. Bake in a moderate oven, 350° F., for 1 hour or until brown. Serves 6.

Shrimp Rockefeller

1 pound packaged (pre-cooked, frozen) fully peeled, de-veined shrimp
2 packages (12 ounces each) frozen, chopped spinach
½ cup butter or margarine
1½ teaspoons Worcestershire sauce
2 teaspoons anchovy paste
½ teaspoon salt
¼ teaspoon tabasco
1 teaspoon celery salt
½ cup chopped green onions and tops
2 cloves garlic, finely chopped
½ cup chopped parsley
1 cup chopped lettuce
3 slices white bread, crusts removed
¾ cup water
2 tablespoons butter or margarine, melted
½ cup dry bread crumbs
¼ cup grated Parmesan cheese

Thaw shrimp. Thaw spinach and drain. Melt butter and blend in seasonings. Add vegetables and simmer 10 minutes, or until tender. Moisten bread with water; add vegetables and mix well. Place shrimp in 6 well-greased individual shells or 10-ounce casseroles, reserving 6 shrimp for top. Cover with vegetable mixture. Combine butter and crumbs. Sprinkle buttered crumbs and cheese over top of each shell. Place a shrimp on top. Bake in a hot oven, 400° F., for 15 minutes or until brown. Serves 6.

Shrimp Stuffed Eggplant

2 cans (4½ ounces each) de-veined, small shrimp
½ cup chopped onion
¼ cup chopped green pepper
½ cup chopped parsley
2 cloves garlic, finely chopped
⅓ cup shortening, melted
1 large eggplant
1 cup canned tomatoes
2 whole bay leaves
1 teaspoon salt
½ teaspoon pepper
½ teaspoon crushed whole thyme
⅔ cup shrimp liquid
3 tablespoons butter or margarine, melted
¾ cup dry bread crumbs

Drain shrimp. Save liquid. Cook onion, green pepper, parsley, and garlic in shortening until tender. Wash and cut eggplant in half lengthwise and scoop out pulp, leaving about ¼ inch thickness around shell. Turn shells upside-down in a pan of cold water to prevent discoloration. Chop pulp. Add tomatoes, seasonings, shrimp liquid, and chopped eggplant to onion mixture. Cover and simmer 10 minutes, or until eggplant is tender. Remove bay leaves. Add shrimp. Combine butter and crumbs. Fill shells with alternate layers of shrimp mixture and crumbs. Place in baking pan, adding a little hot water to prevent sticking. Bake in a hot oven, 400° F., for 35 to 40 minutes or until brown. Serves 6.

Shrimp Creole

1 pound packaged (raw, frozen) fully peeled, de-veined shrimp
⅓ cup shortening
¼ cup flour
1 cup hot water
½ cup chopped green onions and tops
4 cloves garlic, finely chopped
½ cup chopped parsley
¼ cup chopped green pepper
1½ teaspoons salt
2 whole bay leaves
½ teaspoon crushed whole thyme
Dash cayenne pepper
1 can (8 ounces) tomato sauce
1 lemon slice
2 cups cooked rice

Thaw shrimp. Cut large shrimp in half. Melt shortening; blend in flour and brown, stirring constantly. Add water gradually and cook until thick, stirring constantly. Add remaining ingredients except rice. Cover and simmer 20 minutes. Remove bay leaves. Serve over rice. Serves 6.

Shrimp Curry

1½ pounds packaged (raw, frozen) fully peeled, de-veined shrimp
1½ quarts water
1 tablespoon salt
¼ cup chopped onion
3 tablespoons butter or margarine, melted
3 tablespoons flour
1 teaspoon salt
Dash pepper
1 teaspoon curry powder
¼ teaspoon powdered ginger
2 cups milk
2 cups cooked rice

Place shrimp in boiling, salted water. Cover and return to the boiling point. Remove from heat and let stand 3 minutes. Drain. Cut large shrimp in half. Cook onion in butter until tender; blend in flour and seasonings. Add milk gradually and cook until thick, stirring constantly. Add shrimp; heat. Serve with rice. Serves 6.

PATIO SHRIMP PLATE

3 cans (4½ ounces each) de-veined, large shrimp
Lettuce
1 large cucumber, sliced

Drain shrimp. Cover shrimp with ice water; let stand 5 minutes. Drain. Arrange shrimp on crisp lettuce with cucumber slices. Serve with Patio Shrimp Sauce. Serves 6.

Sauce

1 cup sour cream
1 tablespoon horseradish
½ teaspoon salt
1 tablespoon grated onion
½ teaspoon paprika

Combine all ingredients and blend well. Serves 6.

FAMILY AFFAIR SHRIMP COCKTAIL

1 pound packaged (pre-cooked, frozen) fully peeled, de-veined shrimp or 3 cans (4½ ounces each) de-veined, large shrimp

Thaw shrimp (If canned shrimp are used, drain and cover shrimp with ice water; let stand 5 minutes. Drain.) Fill a bowl with chopped ice and arrange shrimp over the top. Place a round dish in the center of the shrimp bowl and fill with Cocktail Sauce. Provide toothpicks for handy dipping. Serves 6.

Sauce

1 cup chili sauce
½ cup finely chopped celery
1½ tablespoons lemon juice
1½ tablespoons horseradish
½ teaspoon salt

Combine all ingredients and chill. Serves 6.

SHRIMP PARADISE

3 cans (4½ ounces each) de-veined, large shrimp
1 large pineapple
2 large oranges
1 avocado
1 tablespoon lemon juice

Drain shrimp. Cover shrimp with ice water; let stand 5 minutes. Drain. Cut pineapple in half lengthwise and remove core and meat, reserving shell for serving. Peel and section oranges. Peel and slice avocado; sprinkle with lemon juice to prevent discoloration. Fill shells with pineapple, orange, and avocado slices. Arrange chilled shrimp on the top. Serve with Shrimp Paradise Salad Dressing. Serves 6.

Salad Dressing

2 tablespoons lemon juice
2 tablespoons dry, white wine
1 teaspoon honey
½ teaspoon salt
½ teaspoon paprika
½ cup olive or salad oil

Combine all ingredients and shake well. Chill. Serves 6.

SHRIMP JAMBALAYA

2 cans (4½ ounces each) de-veined, small shrimp
½ cup diced ham
2 tablespoons shortening, melted
½ cup chopped onion
1 cup chopped green pepper
2 cloves garlic, finely chopped
1½ cups canned tomatoes
1½ cups shrimp liquid and water
1 cup uncooked rice
¼ teaspoon salt
1 bay leaf
½ teaspoon crushed whole thyme
Dash cayenne pepper
¼ cup chopped parsley

Drain shrimp. Save liquid. Saute ham in shortening about 3 minutes. Add onion, green pepper, and garlic; cook until tender. Add tomatoes, liquid, rice, and seasonings. Cover and cook 25 to 30 minutes, or until rice is tender, stirring occasionally. Add parsley and shrimp; heat. Serves 6.

GULF COAST SHRIMP BOIL

2 pounds packaged (raw, frozen) fully peeled, de-veined shrimp
3 bay leaves
1 tablespoon whole allspice
1½ teaspoons crushed red peppers
2 teaspoons whole black peppers
2 teaspoons whole cloves
2 quarts water
2 medium onions, sliced
6 cloves garlic
2 lemons, sliced
¼ cup salt

Tie spices in a piece of cheesecloth. To the water add onion, garlic, lemon, salt, and bag of seasonings; bring to a boil. Add shrimp; cover and return to the boiling point. Simmer 3 to 5 minutes, depending on size. Remove from heat and let stand in spiced water for 3 minutes. Drain and chill. Serve garnished with the whole spices and lemon slices. Yield: about 80 spiced shrimp.

SHRIMP, so popular everywhere as an appetizer, are quite up to the job of appeasing the *whole* appetite. As a highly digestible complete protein food, shrimp are main-dish fare in anybody's cookbook—Creole, Oriental, Italian, or just plain American style.

Shrimp are all lean meat, low in calories—a food giving lots of latitude for differing tastes and diet needs. Shrimp are universally popular with all age groups and a particular favorite of children.

Serve them *plain*—boiled with salt or a favorite spice blend—or serve them *fancy*—with a rich butter-crumb, cheese-cream, or curry treatment, or fried, breaded, broiled, or en casserole.

Shrimp are a fine source of needed *minerals*—calcium, phosphorous, copper, and iodine.

Fully peeled, de-veined shrimp leave nothing to throw away, are ready for easy use in these new, thriftier market forms:

1) Consumer-size packages, raw-frozen individually or in flatter bulk packages for easier defrosting.

2) Pre-cooked, vacuum-packed and frozen shrimp, specially processed after peeling and de-veining for a fresh-cooked flavor. These are ideal for cocktails, salads, and other dishes calling for cooked shrimp.

3) Canned shrimp, ultra-clean of black sand vein, processed in natural juices for new fresh taste and fresh-cooked texture. New canned shrimp are fork-tender, make delicious jiffy sandwich fillings, canape spreads, bisque and hot shrimp dishes of many kinds.

Boiling is the basic method of cooking shrimp for cold serving. Fully peeled, de-veined shrimp should be cooked in just enough boiling, salted water to cover them; about 1 quart of water and 2 teaspoons of salt per pound. Place shrimp in boiling, salted water. Cover and return to the boiling point. Remove from heat and let stand 2 to 4 minutes, depending on size of shrimp. Drain and chill. They cook quickly, shrink much in size if over-cooked.

Shrimp, in common with other fishery products stored in the home freezer, should not be held too long, but used steadily and replaced with fresh supplies. *All photographs courtesy of The Peelers Company*

A 14-minute, sound, color, 16 mm. motion picture, Shrimp Tips from New Orleans, may be borrowed, free of charge, by writing to the Fish and Wildlife Service, Department of the Interior, Washington 25, D. C.

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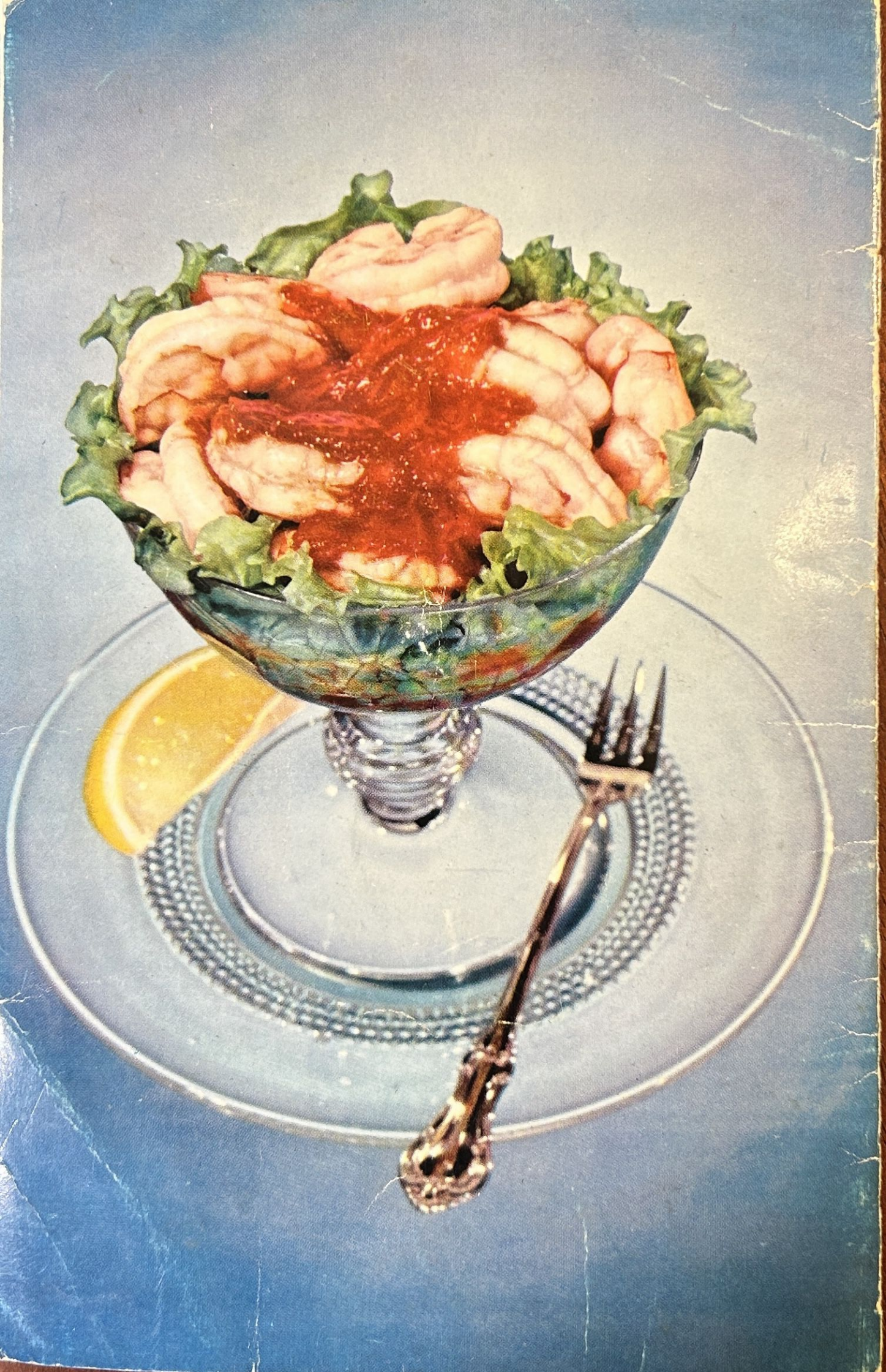
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